

MOVE! ALL FOODS CAN FIT

Be Flexible



Balance what you eat with the physical activity you do over several days.

Be Sensible

Enjoy all foods, just don't overdo it. To enjoy foods that are higher in fat, salt, or sugar, just keep portion sizes sensible.

Be Realistic



Make small changes over time in what you eat and the level of activity you do. Small steps work better than giant leaps.

Be Active

Participate in sports rather than watching them on television. Walk the dog, don't just watch the dog walk. You don't have to be an athlete to have fun!

Be Adventurous



Expand your tastes to enjoy a variety of foods. Read a few new food labels each time you visit the grocery store. Prepare one new recipe each month. Eat a variety of foods from each food group.

For more information visit the American Dietetic Association at www.eatright.org or contact your VA dietitian to schedule a nutrition appointment.